

## **Use of Self-management Techniques and Transactional Analysis to Enhance Self Disclosure of HIV Positive Status in Kwara State, Nigeria**

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**ABSTRACT** Acquired immuno-deficiency disease is a life threatening but preventable disease affecting millions of people and a serious threat facing the developing world, especially Africa with consequences that reach far beyond the health sector. Most human immune deficiency virus positive individuals are unwilling to self disclose their serostatus due to fear of stigmatization and discrimination from community members which inhibited proper health delivery to the victims leading to more spread of the disease in Nigeria. Therefore, this study examined how Self-Management Techniques and Transactional Analysis could enhance self disclosure of human immune deficiency virus positive individuals in Kwara State, Nigeria. Pre test, post test control group quasi experimental design was used with random sampling technique in three screening centres to select 90 participants. The findings showed that participants exposed to the two experimental conditions scored significantly higher in their measures of self disclosure of status than those in control group. This means that Self-management Techniques and Transactional Analysis were effective in enhancing self disclosure of human immune deficiency virus positive participants. Scheffe post hoc analysis revealed significant difference between the self disclosure mean scores of participants exposed to Self-management Techniques. It is therefore recommended that the two techniques be adopted by psychologists and social workers to enhance self-disclosure of serostatus.